



# Rocky Hill Board of Health Newsletter

## ➤ BOH WEBSITE COMING SOON !!!

We are excited and proud to announce that the Board of Health will soon launch its own website. Dr. Susan Fisher developed the site. We are very grateful to her for all the work she has done and for the wonderful results.

The website will focus on the health issues that most affect the people of Rocky Hill. It includes lots of important information and many useful links. We'll have a grand opening announcement, so stay tuned. In the meantime, here's a sneak preview:

Home

**Board of Health**  
Borough of Rocky Hill, New Jersey

**Quick Links**  
[Emergency Contacts](#)  
[Rocky Hill Main Website](#)  
[Vital Statistics](#)  
[Animal Control](#)  
[Dog & Cat Licenses](#)

**The Rocky Hill Board Of Health...**  
Identifies areas of concern, establishes priorities and defines policies. Public health services are contracted to the South Brunswick Dept of Health. The Board meets in Borough Hall the 2nd Tuesday of the month from 4:30 to 6:00pm, except for July and August.


**Health Alerts**  
**Rabies** is a continuing threat throughout New Jersey. To learn what you need to do to guard against this deadly disease click here: [Rabies Prevention](#)


**Where to Get Help**  
Finding the right person, agency or phone number can be confusing and intimidating.  
**2-1-1 Call Centers** are staffed by trained specialists who will quickly refer you to the help you need. The call center is **ready to help 24 hours a day, 7 days a week.**  
**Dial 2-1-1**


**Featured Health Tip**

**Warm Weather is Here!**  
Spring brings many pleasures but some notes of caution. To enjoy a healthy Spring and Summer, here are some warm weather concerns to be aware of:

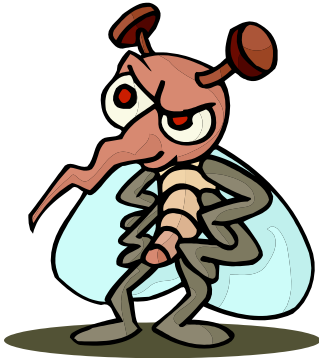
- Uncovered **sandboxes** pose a risk to children. Always keep them securely covered when not in use. See [Sandbox Hazards.](#)
- Mosquitoes** may be tiny but they can transmit some serious diseases. Learn what Somerset County is doing to protect us and

**Maintaining a Healthy Weight**  
  
**Understanding the Energy Equation**  
Whether you want to lose weight or maintain a healthy weight, it's important to understand the connection between the calories your body takes in (through the foods you eat and the beverages you drink) and the calories your body uses (through normal body functions, daily activities, and physical activity). **To find**

  
**Exercise**  
**Physical Activity for Everyone**  
Who ever said physical activity is all work and no play? In fact, it can be just the opposite! There is no need to think of strenuous exercise or boring workouts. Instead, **imagine doing fun physical activities you enjoy and watch the health benefits follow!**  
Regular physical activity

**Eating Well**  
  
**Nutrition Basics**  
Do you ever feel like you can't keep up with the changes in technology? Sometimes it seems that way with dietary advice, as if things are always changing. While it's true that the fields of diet and nutrition are areas of evolving research, there are some basic concepts you can keep in mind. By knowing these basics, you will be better equipped to sort through nutrition

➤ **MOSQUITO CONTROL in your backyard**



Mosquito bites can be more than itchy and annoying. They can result in serious viral illnesses. Mosquitos need standing water to breed, so check your property. You may be surprised where you find breeding invitations.

What can you do? Remove unnecessary cans, tires and bottles. Change the water weekly in wading pools, bird baths, fountains and troughs. Eliminate obstructions to water flow in roof gutters, ditches and streams.

➤ **UPDATED ANIMAL ORDINANCE**



The BOH has updated the Animal Ordinance and overall dog and cat licensing process. Borough Council approval of the revised Ordinance is underway. First some background:

- The purpose of dog and cat licensing is to protect the community from rabies by ensuring that domestic pets are vaccinated against rabies. Rabies is 100% fatal and is endemic in the wild animal population of Somerset County.
- The current licensing process is paper-based without any mechanisms for follow-up or reminders. In addition, it has been running a \$300 per year deficit.
- In 2007, 42 dogs and 16 cats were registered. We believe these numbers are low.
- The community pet survey which is mandated every two years was last done in 2002.
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In the new process, registration fees will be increased from \$5 to \$12 for both dogs and cats with penalties for tardy applications. The Borough will purchase an animal licensing software program that will provide the ability to mail yearly license renewals and to generate lists for following-up non-renewals and for the biennial community animal survey. The survey will be conducted during this summer.

We believe that once all these components are operational the licensing process will be more effective in protecting our community and easier for pet owners. Lastly, the new fee structure will permit the costs of licensing to essentially break even.